1 What is claimed is:

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- 3 1. An apparatus for providing supportive sitting at
- 4 levels near or slightly above the ground or other seating
- 5 level, wherein said apparatus comprises:
- first and second integrally formed seating elements,
- 7 said first seating element comprising a first seating
- 8 surface, said second seating element comprising a second
- 9 seating surface positioned above, around and at an angle
- 10 relative to said first seating surface, and
- at least one support structure for supporting said
- 12 first and second seating elements above said seating level,
- wherein said second seating element comprises a
- 14 generally ring-like structure including outer and inner
- 15 circumferential edges, wherein said second seating surface
- is angled downward from said outer edge to said inner edge,
- wherein said second seating surface adjoins said first
- 18 seating surface along left and right linear joining
- 19 segments intersecting the left side of the forward edge of
- 20 said first seating surface, and the right side of said
- 21 first seating surface.

The apparatus of claim 1, wherein said support
structures are shaped to provide distributed support of
said first seating surface.

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- 5 3. The apparatus of claim 2, wherein at least one of said
- 6 support structures intersects a back edge of said first
- 7 seating surface and further connects said first seating
- 8 surface to said second seating surface.

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- 10 4. The apparatus of claim 2, wherein said at least one
- 11 support structure supports said first seating element above
- 12 said seating level at a distance in the range of
- 13 approximately 1 to 4 inches.

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- 15 5. The apparatus of claim 1, wherein said left and right
- 16 linear joining segments lie on lines which intersect near
- 17 the center of said first seating surface.

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- 19 6. The apparatus of claim 1, wherein said at least one
- 20 support structure is adjustable.

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- 1 7. The apparatus of claim 1, wherein said first seating
- 2 surface lies approximately in a first plane and said second
- 3 seating surface slopes downward toward the center of said
- 4 chair, such that said inner circumferential edge lies
- 5 approximately in a second plane and said outer
- 6 circumferential edge lies approximately in a third plane,
- 7 wherein:
- said second and first planes intersect along a line
- 9 parallel to a plane of a forward sloped portion of said
- 10 first seating element;
- said third and first planes intersect along a line
- 12 parallel to said plane of said forward sloped portion of
- said first seating element;
- said line of intersection of said third and first
- 15 planes is forward of said line of intersection of said
- 16 second and first planes; and
- an angle formed between said first and second planes
- is smaller than an angle formed between said first and
- 19 third planes.

- 21 8. The apparatus of claim 7, wherein said outer
- 22 circumferential edge and a front edge of said first seating
- 23 element approximately comprise contiguous segments of a
- 24 complete circle.

- The apparatus of claim 1, wherein said apparatus is 2 foldable into a planar sheet. 3 4 A chair comprising:
- 5
- a first seating platform approximately parallel to a 6
- seating level, said first seating platform comprising a 7
- forward edge, a back edge, a left side and a right side; 8
- a second seating platform surrounding said first 9
- seating platform, said secondary seating platform 10
- comprising an outer circumferential edge and an inner 11
- circumferential edge, said inner circumferential edge 12
- 13 comprising an approximately elliptical section, and said
- 14 second seating platform angled down and forward with
- respect to said first seating platform, wherein said second 15
- seating platform adjoins said first seating platform along 16
- left and right linear joining segments intersecting the 17
- left side of said forward edge and the right side of said 18
- forward edge, respectively; 19
- a third seating platform adjoining said first seating 20
- platform along said forward edge, said third seating 21
- platform having a left side, a right side, a back edge, and 22
- a front edge, said back edge of said third seating platform 23
- adjoining said forward edge, and said third seating 24

- 1 platform angled down and forward of said first seating
- platform; and
- a support structure serving to elevate said first
- 4 seating platform above the ground.

- 6 11. The chair of claim 10, wherein said support structure
- 7 supports said primary seating surface at a sufficient
- 8 height to allow a user's heels to tuck under the left and
- 9 right sides of said secondary seating surface when a user
- 10 sits in seiza position, and said left and right sides of
- 11 said primary seating surface are cut to allow the heels of
- 12 a user seated in a seiza position to fit under said
- 13 secondary seating surface.

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- 15 12. The chair of claim 10, wherein said support structure
- 16 comprises at least three legs, said legs configured to
- 17 provide distributed support of said first seating platform.

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- 19 13. The chair of claim 12, wherein at least one of said
- 20 legs intersects the back edge of said first seating
- 21 platform, and wherein said leg further connects said first
- 22 seating platform rigidly to said second seating platform.

1	14. The chair of claim 12, wherein said legs support said
2	first seating platform above said seating level at a
3	distance in the range of approximately 1 to 4 inches.
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5	15. The chair of claim 10, wherein said left and right
6	linear joining segments lie on lines which intersect near
7	the center of said first seating platform.
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9	16. The chair of claim 10, wherein said support structure
10	comprises adjustable legs.
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- 1 17. The chair of claim 10, wherein said first seating
- 2 platform lies approximately in a first plane and said
- 3 second seating platform slopes downward toward the center
- 4 of said chair, such that said inner circumferential edge
- 5 lies approximately in a second plane and said outer
- 6 circumferential edge lies approximately in a third plane,
- 7 wherein:
- said second and first planes intersect along a line
- 9 parallel to a plane of said forward edge of said first
- 10 seating platform;
- said third and first planes intersect along a line
- 12 parallel to said plane of said forward edge of said first
- 13 seating platform;
- said line of intersection of said third and first
- 15 planes is forward of said line of intersection of said
- 16 second and first planes; and
- an angle formed between said first and second planes
- is smaller than an angle formed between said first and
- 19 third planes.
- 20
- 21 18. The chair of claim 10, wherein said outer
- 22 circumferential edge and said front edge of said third
- 23 seating platform approximately comprise contiguous segments
- of a complete circle.

2 19. The chair of claim 10, wherein said second seating

platform is configured to serve as a carrying element.

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5 20. The chair of claim 10, wherein said chair is foldable

6 into a planar sheet.